

A STUDY ON THE CLINICAL PROFILE OF TOXIC AND NUTRITIONAL OPTIC NEUROPATHY

PURPOSE: To evaluate the etiology and clinical profile of patients diagnosed with toxic and nutritional optic neuropathy.

METHODOLOGY: It is a prospective observational study between Dec 2015 and Nov 2016 where patients were grouped as toxic optic neuropathy with or without nutritional deficiency and nutritional optic neuropathy based on history, clinical and laboratory findings and were treated accordingly. Best Corrected Visual Acuity(BCVA), colour vision, central fields and fundus were noted and followed up after 3 months.

Results: Out of 45 patients(31 males and 14 females) with a median age of 41 years, 86.6% had toxic optic neuropathy, 4.4% had toxic optic neuropathy with nutritional deficiency and 8.9% had nutritional optic neuropathy. On diagnosis and subsequent treatment, BCVA improved from a median baseline of 6/18 to 6/12 after 3 months. Colour vision, fundus and central fields also showed statistically significant improvements ($p < 0.05$) at the third month follow up.

Conclusion: The underlying etiological factor responsible for the symptomatology in toxic and nutritional optic neuropathy can be assessed and concomitant nutrition depletion in toxic optic neuropathies if present can be addressed with improved patient visual outcomes.

Key words: toxic optic neuropathy, nutritional optic neuropathy, vitamin B12 deficiency